

# Vitalchi Wellness Sanctuary - Getting you well naturally and keeping you that way!

6 Main St, Blackburn 3130 Ph: 03 9894



## Vitalchi Wellness Sanctuary presents....

### **"Pay what you want day!"**

Due to the huge reception and success of our last "pay what you want day", we are presenting another opportunity for our loyal clients to experience new therapies and pay what they feel is fair.

Our next pay what you want day is on Friday 7th of August 2009

Services available include NLP, Counseling, Osteopathy, Massage, Reflexology and Naturopathy

## Vitalchi Wellness Sanctuary News.....

### **Carmen Berger gets married!**

Carmen one of our gorgeous reception team members, got married on the weekend to her long time partner Tim Pevitt. In a beautiful ceremony at 333 Collins St, they exchanged vows and later celebrated with friends and family at the Treasury Building. All the team at Vitalchi would like to extend our heart felt congratulations to Carmen and Tim and wish them a lifetime of love, happiness, good health and prosperity!

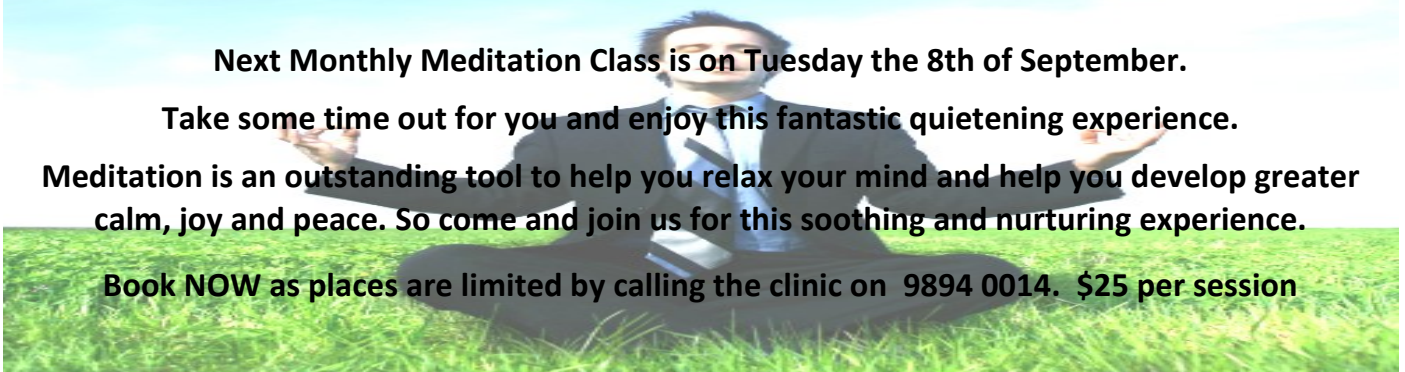
## Monthly Meditation

**Next Monthly Meditation Class is on Tuesday the 8th of September.**

**Take some time out for you and enjoy this fantastic quietening experience.**

**Meditation is an outstanding tool to help you relax your mind and help you develop greater calm, joy and peace. So come and join us for this soothing and nurturing experience.**

**Book NOW as places are limited by calling the clinic on 9894 0014. \$25 per session**



Angeleah specialises in eliminating limiting beliefs and negative thoughts and behaviours using a combination of NLP, hypnotherapy and counselling techniques.

As a fully qualified and accredited NLP Master Practitioner and Trainer, (registered with both the Australian Board of NLP Practitioners and the American Board of NLP Practitioners), Angeleah assists people to 're-pattern' their limiting beliefs, negative thought patterns or problematic behaviour into positive self-empowering mind-sets and behaviours. *"Be the change you wish to see in the world"*, is Angeleah's motto and one she instils into her clients when they are transforming their everyday lives.

Just as 'patterns' are formed and become habitual, there are NLP 'tools' Angeleah can teach her clients to break through the barriers and effectively 're-program' the brain's 'internal hard-drive' to embrace a new positive mind-set that gives her clients new positive experiences felt in their internal and external worlds.

A fully qualified Time-Line Therapist, Hypnotherapist and Meditation Instructor, Angeleah is a knowledgeable and experienced practitioner in the 'deeper states of the sub-conscious mind', enabling her clients to get to the 'deep-rooted' related concerns that prevent them from moving forward in life. These shifts of consciousness can translate to the client's physical body as much as the mental and emotional self and enable them to heal and transcend fears or phobias, addictions, trauma or any related health concerns.

Counselling qualifications (with majors in: Relationship and Conflict Resolution. And Abuse Counselling), are other areas of Angeleah's expertise. Specialising in 'Women and Children's Wellbeing', is a deeply passionate area for Angeleah and one she has done extensive work in, both in a professional forum and facilitating regular workshops and seminars on this subject.

Supported with Diplomas in Holistic Kinesiology, Dimensional Therapy TM and Reiki, and you have a diverse and experienced practitioner armed with all the tools to help you make the changes you are seeking.

Angeleah is the developer of '**LifeStyled For Success**', a series of workshops that enable participants to 'Style' their lives as they desire, design and implement 'Success Principles' and set clear intentions and practical exercises in achieving their goals either it be on a personal or professional level.



## Recipe of the Month Spicy Peas & Beans Casserole

This hearty combination dispels the idea that bean dishes are dull, and provides a complete protein and low GI meal for vegetarians. This dish can be made one day ahead to allow flavors to develop.

1 quantity Spicy Fresh Tomato Sauce (You can make up a sauce or buy an organic tomato sauce)

300 g can chickpeas, drained

2 cups black-eyed, cannelloni, butter or white beans, cooked

1 cup celery, finely chopped

1 cup carrot, finely chopped

1 cup capsicum finely chopped

1 cup zucchini finely chopped

1 cup vegetable stock

1 cup fresh parsley, finely chopped

Combine all ingredients, except parsley, in a large saucepan. Simmer uncovered for 15-20 minutes, until all

vegetables are cooked and mixture is thick. Stir occasionally to ensure mixture doesn't stick to the base of saucepan. Stir in parsley and serve.

This dish can also be served with poached chicken, steamed fish or sliced beef.



# Client Testimonial

## Endometriosis Pain

### **Why did you decide on our clinic?**

I had been seeing doctors and specialists for nearly 15 years and nothing was working. No one could give me an answer and my condition was only getting worse. I went to the clinic as all other traditional options had failed but I still needed help.

### **How were you feeling before you made the appointment with us?**

I was suffering chronic pain and was on strong painkillers to help. The pain would reach a point where I would have to go to the hospital for morphine.

### **What were you expecting from your appointment?**

I wasn't expecting anything; I had learnt not to expect answers. I was expecting a course of treatment that I doubted would work as nothing in the past had but I was willing to try anything, I had no options left.

### **What did your treatment do for you?**

I am no longer on painkillers and I haven't had to go to the hospital. The pain is something in my past. The pain relief wasn't immediate but I had waited 15 years so for me it was immediate. I noticed a decrease in pain straight away and it continued to lessen as time went on. Pain used to interfere with my life, now it is my life with no interference. After seeing the great, somewhat miraculous results I had had, my mother who suffered arthritis went to see Angela Smith. In less than 3 months she is pain free and her swelled finger joints have vanished. She can now grab and hold things without pain and wear her wedding ring, something she couldn't do for years.

### **How did you feel after your treatment?**

I don't have to live my life around my pain, this is freedom. When you have a condition Western medicine can't treat or diagnose you naturally carry fear that something is terribly wrong and it's frustrating when you can't find help, no matter how active your search is. I have relief now I have answers and a course of treatment I am actively involved in which gives me the control back. I am in control of my life and well being and after spending so long having a condition in control of my life and well being, I feel empowered.

### **What would you say to others who are not yet sure about contacting us to help them?**

If you are willing to take anything the doctors prescribe then you should have no hesitation going to the clinic and see Angela Smith. I once had doctors give a wrong diagnosis and the medication they had me on caused more havoc than my condition. There is always a chance of a wrong diagnosis no matter where you go but the clinic deals with natural remedies so side effects are minimal and the positive results can change your quality of life. It's not going to hurt so why not give it a try.

**Carolyn Tinker from Melbourne**

### **Do you have a story that you would like to share?**

Tell your story about a great experience you have had with one of our practitioners and we will publish it in our newsletter. To say thank you we will reward you with a fantastic healing goodie! For more information or to submit your story, please email your information to [info@sanctuarywellness.com.au](mailto:info@sanctuarywellness.com.au) or call the clinic to speak to Carmen, Penny or Lina on 9894 0014.

## This Month's News ~ Lifestyles for Success Workshops

Vital Chi's NLP Master Practitioner and Trainer, Angeleah Anton is presenting her signature workshop

### ***'LifeStyled For Success TM'***

The ***LifeStyled For Success*** TM workshops are being presented as a '4-week' consecutive package, on Thursday evenings of the 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> of August 2009 from 6.30pm to 9.30pm.

***LifeStyled For Success*** TM, is an informative, lively, 'hands-on' experience workshop teaching 'Success Principles', super-focus strategies and goal setting techniques. These techniques will give you the ability to minimize stress, plan, design and create a positive results future and stay in your optimum focus zone for longer periods of time.

**Now** is the time to take control of your life and achieve the results YOU want, whether it be that exciting career you always dreamed of having, the equally caring and supportive relationship you deserve to be in, that exhilarating trek through the Andes mountains, having optimum health, writing the all-time '*New York Times*' No.1 best selling novel, having financial security and independence or even just finding your own 'life-rhythm' and balance and what works for you.

BE your OWN LifeStylist and design and create YOUR life the way YOU want it!

**Course costs \$397 for 4 week course**

**That's cheaper than a Life Coach charges  
by the hour!**

You will learn the art of:

- Goal Setting
- Success Principles
- How to 'Super-Focus' and refine your clarity
- Increase your self-awareness and self—  
confidence
- Apply a positive mind-set and develop pro-active  
behaviour
- Find your own 'personal motivator' and activate it
- Gain resources to maintain focus and achieve positive results



Angeleah is a diverse and knowledgeable facilitator with an individually unique fun sense of style. Her workshops are informative, good fun and engaging and teach you how to create the life you know you SHOULD be living! We guarantee this is one workshop you won't want to miss. Call Vitalchi Wellness Sanctuary NOW and book your place to experience this amazing life changing workshop!